
REPORT
OF THE
NATIONAL HEALTH SOCIETY.
1889.

NATIONAL HEALTH SOCIETY.

1888-1889.

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KEIGHLEY—SANITARY ASSOCIATION.

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Subscriptions and Donations may be paid to the Secretary at the Office, 53, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Oxford Street), London. Post Office Orders to be made Payable in the name of Fuy Lankester, at the Post Office, Mortimer Street, Middlesex Hospital. W.

THE OFFICES OF THE SOCIETY ARE OPEN EVERY DAY
EXCEPT SATURDAY, 11 TO 5, BERNERS STREET, W.

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Langdon Down, Esq., M.D., F.R.C.P.
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REPORT.

THE Committee of the National Health Society have this year to lay before their friends and supporters the seventeenth Annual Report of the Society's work.

The drawing-room series of lectures on Domestic and Personal Hygiene, First Aid in Accidents, and Home Nursing have been in constant demand, and increase in popularity.

Courses have been given during the year at—

CENTRE.	SUBJECT.	ORGANIZED BY.
Balham ...	"Sick-Nursing" ...	Mrs. Pearman and Miss M. Cawston.
Belsize, N.W. ...	"Domestic Hygiene" ...	Secretary.
Bickley ...	"Sick-Nursing" ...	Miss Grace Hoyack.
Campden Hill, W. ...	"Domestic Hygiene" ...	Mrs. Arthur Lewis.
Chislehurst ...	"Sick-Nursing" ...	Miss Beckwith.
" ...	"Domestic Hygiene" ...	" "
Chiswick ...	"Sick-Nursing" ...	Mrs. Watts.
East Moulsey ...	" " ...	Mrs. Till.
Earl's Court ...	"First Aid to Injured" ...	The Misses Pennington.
Lancaster Gate ...	"Sick-Nursing" ...	Secretary.
Petersfield ...	" " ...	Mrs. Lawrence Cave and Mrs. Ticehurst.
Putney ...	" " 1st course	Mrs. John Carlisle.
" ...	" " 2nd course	Miss Redpath and Miss Sandell.
" ...	"First Aid to Injured" ...	Mrs. John Carlisle.
Portland Place ...	"First Aid to Injured" ...	Secretary.
St. James's Square ...	"Sick-Nursing" ...	" "
St. John's Wood ...	" " ...	Mrs. Hanrott.
Streatham ...	" " ...	Mrs. Norman Bailey.
Walton-on-Thames ...	"First Aid to Injured" ...	Miss Ballard.
Wimbledon ...	"Domestic Hygiene" ...	Miss Witts.

NAMES of those ladies who have been kind enough to lend their houses for the lectures and the subsequent examinations, and to whom the thanks of the Society are due :

The Countess of Meath, Lancaster Gate ; Lady Egerton of Tatton, St. James's Square ; Mrs. Till, Moulsey ; Mrs. Norton, Norbiton ; Miss Redpath and Miss Sandell, Putney ; Miss Pohler, St. John's Wood ; Conference Hall, Mildmay Park ; Mrs. Metzler, Avenue Road, N.W. ; Mrs. Leonard Cohen, Sussex Square ; Mrs. Hanrott, Primrose Hill ; Mrs. Arthur Lewis, Campden Hill ; Mrs. Lankester, Upper Wimpole Street.

NAMES of those ladies who have actively assisted the work of the Society by promoting lectures in their own neighbourhoods, and to whom the thanks of the Society are due :

Miss Redpath ; Miss Morgan ; Mrs. Pearman ; Miss Cawston ; Mrs. Till ; Mrs. Bailey ; Mrs. Leaf and Miss George ; Mrs. Crouch ; Miss Beckwith (three courses) ; Mrs. Norton ; Mrs. Metzler ; Hon. Mrs. Alfred Egerton ; Mrs. Mirrlees, Mrs. William Mirrlees ; Mrs. Lawrence Cave ; Mrs. Ticehurst ; Mrs. Holmes ; Miss Peascod ; Mrs. Storr ; Miss Sturgess ; Hon. Mrs. William Cavendish ; Lady Margaret Maitland ; Mrs. Gascoigne ; Miss Irving ; Miss Sandell ; Miss Drummond ; Miss Oliver ; Mrs. John Carlisle ; Mrs. Hoyack ; Mrs. Hanrott ; and Miss Shillitoe.

FREE LECTURES.—The demand for these has rapidly increased, and in all the poorest parts of London and the suburbs lectures have been given to large audiences on subjects relating to Health, Cleanliness, etc.

Miss Stacpoole's "Maternity" lectures have been in great request; and by means of her teaching much good is done amongst the ignorant "mothers" in the very poor and thickly-populated districts of London.

The plain, simple teaching on *Household Management, Care of Children, Prevention of the Spread of Infection, Food and Cookery*, has been continued systematically; and lectures to the soldiers' wives have been organized in the Chelsea, Victoria, and Wellington barracks, by the Hon. Mrs. William Cavendish, Lady Margaret Maitland, and Mrs. Gascoigne; while the Girls' Friendly Society, Working Girls' Guilds, and Mothers' Meetings in every part of London, have had their share of "Homely Talks about Health," "Care of Infants," "Maternity Lectures," and "A Working Woman's Day." Examples of the syllabuses of these "Talks" are here given:

FOUR HOMELY TALKS, ENTITLED "A WORKING WOMAN'S DAY."

TALK I.

Early rising—Washing and dressing—Airing bedroom and bed—Forethought in arranging the day's work—How to light a fire and tidy the kitchen—Making breakfast punctually—Laying the table—Cheap breakfast dishes—Baby's food—Milk and fruit for children—Washing-up and making preparations for dinner.

TALK II.

Making beds—Sweeping and dusting—Weekly cleaning—Preparing for washing-day—Washing and ironing—Dinner—Making up the fire—Plenty of hot water—Children's dinner—Difference between food for children and grown-up people—How to roast in a saucepan—A simple method of preparing a dozen puddings from one recipe—Vegetables—Frying—Tidying up after dinner.

TALK III.

Sewing and mending—Preparing for tea—Salads—Two or three simple dishes—Children's play-hour—Going marketing—How to choose good meat, fruit and vegetables—Washing children for bed—Sewing on buttons, strings, etc.

TALK IV.

Evening walk—Marketing on Saturday night—How to store vegetables, fruit and groceries—Supper dishes—Putting fuel and coal ready for morning—Leaving a low fire—Folding back the hearthrug—How to make gruel and posset for a cold.

HOMELY TALKS TO WOMEN, WIVES, AND MOTHERS.

TALK I.—How to Make the Home Healthy and Happy.

Why we want fresh air—How we can ventilate and have pure air in our rooms—How to find out if the air in a room is good—Why we want cleanliness—The effect of sunlight on health and temper—Necessity for airing and shaking bed-clothes, carpets, etc.—Necessity for personal cleanliness.

TALK II.—How to Feed and Clothe the Family.

What is and what is not nourishing food—Good food need not be dear food—Tea: why it sometimes disagrees with people—Coffee—Cocoa—Stimulants—The use and abuse of clothing—Hints on the best kind of dress for women and girls.

TALK III.—Hints to Avoid Catching Fevers, and What to Do until the Doctor Comes.

How disease lurks in darkness and dirt—Danger of infection from drains, cisterns, sinks, and dust-bins—Precautions as to milk and water—The use of disinfectants—Burns, scalds—What to do if dress catches fire—Cuts, bites, stings—What not to do and to do if a person has broken a leg or arm—What to do if a person falls insensible—What to do if a person has swallowed poison.

TALK IV.—Words to Women.

Why it is important for women to take care of their health before confinement—Three things that are necessary at this particular time more than at any other time: (1) Fresh air; (2) good food; (3) proper exercise—Why it is a duty for women who are expecting to become mothers to take care of their health—General care of women after confinement.

HOMELY TALKS.

TALK I.

What to Do till the Doctor Comes.

TALK II.

A Healthy Home, and How to Have it.

TALK III.

Food and Clothing.

TALK IV.

How to be Strong and Beautiful.

TALK V.

Number One, and How to Take Care of Him.

During the talks some interesting Diagrams and Models belonging to the National Health Society are shown, and Talk V. is illustrated with a magic lantern.

These lectures can be had on application to the Secretary. Members of the Society are entitled to a certain number free of charge for the poor of their own neighbourhoods.

DR. BERNARD O'CONNOR has given many popular lectures for the Society during the year at Workmen's Clubs and Institutes, and a long course of practical lectures on Elementary Physiology, Hygiene, and the Laws of Health, at a well-known ladies' school at Harlesden, N.W.

COUNTRY LECTURES.—The lecturers of the Society are able at intervals to make little missionary tours into the country. These tours require a great deal of local arrangement, and considerable outlay of the Society's funds.

At Glasgow, Aberdeen, Edenbridge, Henley, Petersfield, and elsewhere in the country, the lady lecturers have met with the greatest appreciation and enthusiasm amongst rich and poor.

AMBULANCE lectures have been continued free of charge at workmen's clubs, boys' institutes, and guilds.

Examinations have been held after *all* these courses, and certificates awarded to the successful candidates, many of whom have been mentioned as passing *with distinction*.

The Committee have found a most able exponent of their views in Mrs. Hatton, who is willing to travel for the Society in all parts of the United Kingdom.

The Society intends to add *cooking* to its courses of drawing-room lectures, as it can now ensure the valuable and reliable services of Miss Mary Harrison as a special lecturer.

PROPOSED COURSE AT WINDSOR.—The Society hopes to commence courses of lectures on "Cookery," "Sick-Nursing," "First Aid," and "Domestic Hygiene," at Windsor in the autumn, and has already been promised the patronage of H.R.H. Princess Christian; it is therefore hoped that many in the district will avail themselves of this valuable teaching.

PROPOSED COURSES OF LECTURES IN AUTUMN, BY ALFRED T. SCHOFIELD, ESQ., M.D.—For years the Society has been much impressed with the backward condition of Hygienic Teaching in England, which ought to form a most important part of the education of all women, teaching them (1) to care for their own bodies, and keep them in health; (2) how to care for, and rightly train, all under their charge, or amongst whom they work. Educational classes have therefore now been established at seven local centres in London under the auspices of the Society, consisting of two courses of twelve lectures each, given once a week from October to December, for the special teaching of Personal

and Domestic Hygiene, the lecturer being Dr. A. T. Schofield, a member of the Society, the lectures being given under the special patronage of H.R.H. the Duchess of Albany.

MEETING AT WESTMINSTER TOWN HALL.—

The annual meeting for the distribution of certificates this year was held at the Westminster Town Hall, when a very large number of students received their certificates for having passed the Society's examinations in "Sick-Nursing," "First Aid," and "Domestic Hygiene," from her Grace the Duchess of Westminster. The chair was taken by Sir Spencer Wells, in the unavoidable absence of his Grace the Duke of Westminster (President of the Society), who opened the proceedings by speaking of the valuable work of the Society (his own daughters having passed through the classes); amongst those who spoke on the occasion were Mr. S. Pope, Q.C., Mrs. Garrett Anderson, M.D., Dr. Thorne Thorne, Prof. Ray Lankester and Canon Barker; Sir Robert and Lady Rawlinson, Sir Charles and Lady Locock, Mrs. Priestley, Colonel Scotland, the lecturers and examiners of the Society, Dr. Schofield, Dr. Gell, Mr. Owen Lankester, and Miss Homersham and others were on the platform, and a very large audience of friends. Thanks are due to the gentlemen who so kindly acted as stewards on this occasion: Dr. Fletcher Little, S. Pope, Esq., Jun., Arthur Wells, Esq., Dr. Alban Doran, Mr. Ernest Marshall, and others. The students who received *special* commendation for excellent work were Miss Kate Terry Lewis and Miss Constance Hargrove.

LIVERPOOL SCHOOL BOARD, 1889.—71 girls were examined for the Society's prizes for "Laws of Health" and "Domestic Economy;" of these 59 passed and 12 failed.

LONDON SCHOOL BOARD.—There was no examination in 1889 for the Society's prizes on account of the small balance in the hands of the Board. Another donation of £100 would be a welcome addition to School Board prize fund.

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—The Society's prizes for "Laws of Health" and "Domestic Economy" were this year presented by H.R.H. Princess Christian to Miss Ellen Mary Gibbs, Miss Marian Rebecca Hawke, Miss Ethel Agnes Magan, and Miss Florence New.

NEW PUBLICATIONS.—A third edition of "Aid to the Injured and Sick," by Dr. H. Willingham Gell, has been issued, and the sale continues to be very large. "Household Cards" for hanging up, with rules for cooks, kitchenmaids, and housemaids, have been published by the Society, price 3d. each; these should find a place in every household. A manual on "Domestic and Personal Hygiene" is being published, intended to act as a text-book for the lectures given on that subject. Many of the 1d. books are passing into fresh editions, the demand for them still being as large as ever, notably "A Healthy Home in One or Two Rooms," by Edith A. Barnett, which was brought out only last year.

THE METROPOLITAN PUBLIC GARDENS ASSOCIATION.—This Association, which originated in a sub-committee of the National Health Society, is as active as ever, although, during 1889, the income was much smaller than for some years previously, owing to the absence of a Mansion House Unemployed Fund, and other sources from which large grants have been made. Gardens have been laid out and thrown open, during the past twelve months, in Fulham, Barnsbury, and

Greenwich ; Myatt's Fields, a park of fourteen and a half acres in Camberwell, has been completed and handed over to the London County Council ; grants have been made to several public gymnasia and gardens, and one swimming-bath ; trees have been planted in the City in Putney, Bayswater, East Ham and West Ham ; Trafalgar Square and Piccadilly Circus have been beautified with flowers and shrubs, and open spaces have been secured in Hammersmith, Starch Green, Notting Hill, and other localities.

But the less tangible results of the efforts of the Association are no less useful, and a very great deal of its energy is expended in inducing the public authorities to do their duty with respect to the provision of new, and the protection of old, open spaces.

Many Bills in Parliament were opposed, and others were supported, during the last session, and an immense amount of correspondence, leading to very satisfactory results, has been maintained with such bodies as H.M. Government, the London County Council, the Ecclesiastical and Charity Commissioners, the London School Board, and the Metropolitan Vestries and District Boards.

The Society has worked with the Mansion House Council and various Sanitary Aid branches, giving free lectures in populous districts on Sanitary matters, for the Westminster Sanitary Aid Association, the Mansion House Council, on the Dwellings of the Poor, the Girls' Friendly Association, the Church of England Temperance Association, with the Deaconesses' Home at Mildmay Park, and the East London Nursing Association.

NEW MEMBERS FOR 1889.

Eighty new members have joined the Society during the year. More members are *urgently needed* to help the sanitary mission work *amongst the poor*, which is so much in request.

This branch of work is *entirely* supported by the annual subscriptions of Members of the Society. An *earnest* appeal is therefore made FOR MORE ANNUAL SUBSCRIBERS.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of its publications, and to the loan of diagrams and apparatus for lectures. Advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

Membership is constituted by the payment, annually, of £1 1s., or by the single payment of £10 10s.

NATIONAL HEALTH SOCIETY.

CASH STATEMENT FOR THE YEAR ENDING DECEMBER 31ST, 1889.

DR.

CR.

	£	s.	d.		£	s.	d.
To Balance from last account	51 16 4	By Rent and Attendance	98 15 0
" Subscriptions and Donations	340 5 10	" Secretary's Salary	75 0 0
" Proceeds of :				" Assistant Secretary's Salary	45 0 0
Lectures	453 7 9	" Commission to Secretary	34 6 7
" (Special, on behalf of funds, East		" Office Expenses, Coals, Lighting, etc.	51 2 11
London Nursing Association)	30 0 0	" Printing and Publishing	103 10 11
" Sale of Pamphlets at Office and Lectures	72 3 4	" Stationery	16 15 8
" by Allman and Son, Limited	19 18 7	" Postage and Telegrams	37 3 6
" Amount received :				" Expenses of Lectures, including the Free	358 18 9
" For Advertisements	18 16 0	Lectures	
" Rent of Office	2 7 6	" Payment to East London Nursing Association	30 0 0
" Dividends :				proceeds of Special Lectures as per contract	28 13 8
Canadians	3 11 6	" Books	8 0 10
Consols	2 17 6	" Travelling Expenses and Carriage of Parcels	10 11 0
				" Advertising	
				" Balance :			
				In hands of Treasurer	...	£96 4 1	
				" Secretary	...	1 1 5	
							97 5 6
							£995 4 4

CAPITAL ACCOUNT.

Investments :				H. W. LAWRENCE,
New Consols	100 0 0	<i>Hon. Treasurer.</i>
Canadian Bonds	100 0 0	
			£200 0 0	FREDERICK POPE,
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Examined and found correct.

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Duff, Miss	0	5	0
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Holland, Miss Mabel ...	2	0	0
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Illingworth, Mrs. Henry	0	10	6
Jack, Miss	0	10	6
Lawrence & Co., Messrs.	2	2	0
Leaf, Mrs. Frederick ...	2	2	0
Louise, H.R.H. Princess	2	2	0

	£	s.	d.
Marsden, Mark, Esq. ...	0	10	0
Martineau, Miss M. C.	0	10	6
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Stubbs, Mrs.	0	10	0
Westminster, Duke of ...	5	0	0
Williams, Miss Caroline	2	2	0
Yool, Mrs. W. A. ...	0	10	0